

**Food ID:** K002**Food name and Description:** Coconut milk**Scientific name:** *N/A***Alternate/Common name(s):** Niyog, gata**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	56.9
Energy, calculated (kcal)	343
Protein (g)	5.5
Total Fat (g)	34.8
Carbohydrate, total (g)	1.9
Ash, total (g)	0.9

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	-

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	100
Iron, Fe (mg)	1.6
Sodium, Na (mg)	18

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	30.86
Fatty acids, monounsaturated, total (g)	1.48
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	0